

**Saturday, 10 August – Maidstone parkrun 5k (167 finishers)**

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Runs
10	Dean PAINTER	19:24	VM45-49	74.83%	M	10	MedwayTri	First Timer!	2
23	Samuel PAINTER	21:58	JM14	67.68%	M	22	MedwayTri	PB stays at 00:20:37	3
62	Katie PAINTER	25:01	JW14	68.22%	F	13	MedwayTri	First Timer!	1
90	Sophie PAINTER	27:14	JW14	62.67%	F	23	MedwayTri	First Timer!	1
145	Maria PAINTER	33:40	VW45-49	47.39%	F	48	MedwayTri	PB stays at 00:27:54	3

**Sunday, 11 August – Bewel Water Sprint Triathlon (750m/20k/5k, 156 finishers)**

Pos	Bib	First Name	Last Name	Cat	Cat Pos	Gender	Gender Pos	Swim	Swim to T1	T1	Bike	T2	Run	Finish Time
2	109	Mark	Laing	40-44	1	M	2	0:12:10.25	0:02:02.80	0:00:55.60	0:32:16.10	0:00:40.10	0:19:31.00	1:07:35.85
12	5	Pete	Andrews	30-34	2	M	12	0:13:20.40	0:02:21.00	0:00:55.00	0:35:00.80	0:00:50.45	0:21:07.10	1:13:34.75
19	29	Tanya	Brightwell	40-44	1	F	1	0:11:21.35	0:02:01.95	0:01:00.70	0:34:44.95	0:00:45.50	0:26:09.70	1:16:04.15
88	87	John	Heaney	40-44	12	M	66	0:18:55.05	0:03:08.55	0:02:06.40	0:39:27.80	0:01:23.40	0:27:26.80	1:32:28.00
120	173	Leigh	Stace	40-44	15	M	82	0:22:05.15	0:03:29.80	0:03:04.30	0:43:05.85	0:01:07.35	0:29:50.95	1:42:43.40

**Sunday, 11 August – Bewel Water Standard Triathlon (1500m/40k/10k, 237 finishers)**

Pos	Bib	First Name	Last Name	Cat	Cat Pos	Gender	Gender Pos	Swim	Swim to T1	T1	Bike	T2	Run	Finish
16	242	Christine	Lutsch	30-34	1	F	1	0:21:07.30	0:02:08.75	0:01:03.30	1:10:31.70	0:00:49.10	0:43:08.05	2:18:48.20
44	458	Joshua	Pine	18-24	4	M	38	0:23:33.60	0:02:14.60	0:01:33.80	1:11:56.95	0:01:52.25	0:45:14.35	2:26:25.55
49	232	Deborah	Hope	35-39	4	F	7	0:25:01.90	0:02:03.05	0:01:03.00	1:11:54.05	0:00:42.15	0:46:41.55	2:27:25.70
120	326	Andri	De-wit	35-39	5	F	16	0:24:39.20	0:02:05.95	0:01:05.20	1:23:55.15	0:00:35.55	0:49:43.20	2:42:04.25

**Sunday, 11 August – Sittingbourne Super Sprint Triathlon (300m/13.4k/4k, 47 finishers)**

NAME	CLUB/TEAM	300m SWIM	13.4k BIKE	4k RUN	TOTAL	POS /
MARK WELLER	MEDWAY TRI	9.47	30.49	18.52	59.08	20/M